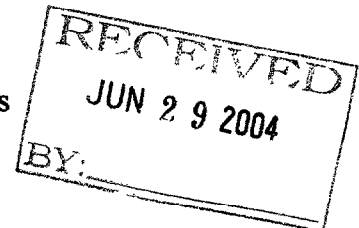




Golden Temple of Oregon, Inc.
2545-A Prairie Rd., Eugene, Oregon 97402
Tel.: 541-461-2160 Fax: 541-461-1633

Date: 06/12/04

Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740



This certification is filed in accordance with the Food and Drug Administration regulation 21 C.F.R. 101.93 (a) (3).

I certify that the information in the attached notification is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

By 
Guru Hari S. Khalsa

Director Technical Services

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Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

**NOTIFICATION OF STATEMENTS
OF NUTRITIONAL SUPPORT**

This notification is filed by Golden Temple of Oregon, Inc., 2545-A Prairie Road, Eugene, Oregon 97402, pursuant to section 403®(6) of the Federal Food, Drug, and Cosmetic Act, 21 U.S.C & 343®(6).

Name of Dietary Supplement	DeCaffé Roast (formerly Jamaican Roast Tea ™)
Name of Dietary Ingredients	Roasted Chicory Root, Organic Cinnamon Bark, Organic Cardamom Seed, Organic Ginger Root Roasted Barley Grain, Organic Clove Bud, Organic Black Pepper

Statements of Nutritional Support for the Dietary Ingredient	1. Yogi Tea; carefully blended to uplift, body and soul
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Name of Dietary Supplement	Andes Yerba Maté (formerly Mint Maté Tea)
Name of Dietary Ingredients	Organic Green Maté Leaf, Organic Cinnamon Bark, Organic Cardamom Seed, Organic Ginger Root, Organic Clove Bud, Organic Black Pepper

Statements of Nutritional Support for the Dietary Ingredient	1. Yogi Tea; carefully blended to uplift, body and soul 2. Invigorating
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Name of Dietary Supplement African Redbush Peach
(formerly Spicy Mountain Peach Tea TM)

Name of Dietary Ingredients Organic Rooibos Leaf, Organic Ginger Root, Organic Cinnamon Bark, Organic Cardamom Seed, Roasted Chicory Root, Stevia Leaf, Organic Clove Bud, Stevia Leaf, Organic Black Pepper

Statements of Nutritional Support for the Dietary Ingredient 1. Yogi Tea; carefully blended to uplift, body and soul

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Name of Dietary Supplement Hibiscus Paradise
(formerly Tropical Hibiscus Tea TM)

Name of Dietary Ingredients Organic Hibiscus Flower, Organic Cardamom Seed, Organic Cinnamon Bark, Organic Ginger Root, Organic Clove Bud, Stevia Leaf, Organic Black Pepper

Statements of Nutritional Support for the Dietary Ingredient 1. Yogi Tea; carefully blended to uplift, body and soul

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Name of Dietary Supplement Egyptian Licorice Mint
(formerly Twilight Mint TeaTM with Licorice Root)

Name of Dietary Ingredients Organic Peppermint Leaf, Organic Licorice Root, Organic Cinnamon Bark, Organic Cardamom Seed, Organic Ginger Root, Stevia Leaf, Organic Clove Bud, Organic Black Pepper

Statements of Nutritional Support for the Dietary Ingredient 1. Yogi Tea; carefully blended to uplift, body and soul

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Name of Dietary Supplement *Woman's Mother to Be*TM

Name of Dietary Ingredients Organic Raspberry Leaf, Organic Peppermint Leaf, Organic Stinging Nettle Leaf, Organic Dandelion Leaf & Root, Organic Spearmint Leaf, Organic Anise Seed, Organic Cardamom Seed

Statements of Nutritional
Support for the Dietary Ingredient

1. Pregnancy support
2. Raspberry Leaf (*Rubus idaeus*) used by midwives and Western herbalist for centuries to strengthen and prepare the uterus during pregnancy
3. Spearmint, as well as Peppermint and Anise , approved by the German Commission E for minor upset stomach and digestive discomfort
4. Dandelion to help maintain proper water balance
5. Nettle, so that you can maintain energy during pregnancy
6. Woman's Mother to Be will help you relax

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Name of Dietary Supplement

Woman's Dong Quai Tonic

Name of Dietary Ingredients

Dong Quai Extract, *Lingustilides* (1%) , Juniper Berry Extract, Organic Cinnamon Bark, Organic Orange Peel, Organic Ginger Root, Organic Fennel Seed, Organic Chamomile Flower, Organic Dandelion Root, Organic Anise Seed, Organic Stinging Nettle Leaf, Organic Dong Quai Root, Organic Black Pepper, Organic Orange Oil

Statements of Nutritional
Support for the Dietary Ingredient

1. *Woman's Dong Quai Tonic* is an effective and organic way to lessen fatigue, restore your energy and balance your hormones.
2. This healing tonic is formulated to ease what traditional Chinese medicine practitioners refer to as "blood deficiency," resulting from stress, poor digestion, or improper eating and health habits.
3. Dong Quai (*Angelica sinensis*), shown to be effective in supporting the reproductive organs, addressing common female hormone imbalances, helping to regulate the menstrual cycle and building all-around health.
4. Bartram's Encyclopedia of Herbal Medicine (1995) indicates Dong Quai is useful for a wide range of female conditions, including minor symptoms of PMS (such as mild mood changes and menopause (such as hot flashes).
5. Nettle to help detox your body

6. Dandelion Root and Juniper Berry to help maintain proper water balance.

* * * * *

Name of Dietary Supplement

Woman's Moon Cycle™

Name of Dietary Ingredients

Dong Quai Extract, Lingustilides (1%) , Chaste Tree Berry (Vitex agnus-castus) Extract, Juniper Berry Extract, Organic Ginger Root, Organic Fennel Seed, Organic Cinnamon Bark, Organic Chamomile Flower, Organic Raspberry Leaf, Organic Anise Seed, Organic Parsley Leaf, Saffron Stamen

Statements of Nutritional
Support for the Dietary Ingredient

1. *Woman's Moon Cycle™* is an organic way to Regulate moon swings, cramps and other minor symptoms of premenstrual discomfort.
2. Dong Quai (*Angelica sinensis*), prescribed for centuries by practitioners of Chinese Medicine for balance healthy menstruation and common PMS complaints.
3. Chaste Tree Berry (*Vitex agnus-castus*) which, according to recent clinical research is effective in reducing symptoms of PMS.
4. To calm hormonal influences and purify the skin and blood, we've added Raspberry Leaf, recognized by German Commission E for menstrual respite.
5. Juniper Berry and Parsley Leaf ease water retention and promote mineral and hormonal steadiness.
6. Chamomile Flower relaxes the mind and comforts the body.

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Name of Dietary Supplement

Woman's Nursing Mom™

Name of Dietary Ingredients

Organic Chamomile Flower, Organic Fennel Seed, Organic Stinging Nettle Leaf, Organic Anise Seed, Organic Fenugreek Seed, Organic English Lavender Flower

Statements of Nutritional
Support for the Dietary Ingredient

1. *Woman's Nursing Mom*TM tea is a delicious , organic way to promote healthy milk flow and provide the best groundwork for your baby's lifelong nutrition
2. Fennel (*Foeniculum vulgare*), suggested by Bartram's Encyclopedia of Herbal Medicine to support milk production in nursing mothers
3. Fenugreek , used as a breast tonic by Middle Eastern doctors along with Anise, another soothing herb
4. Fennel, Fenugreek, and Anise were traditionally used as galactagogues, a group of agents that promote lactation.
5. For minor digestive upset sometimes accompanying nursing, enjoy the soothing support of Chamomile Flower.
6. Lavender for releasing the stress of a new baby
7. Mother's milk offers everything a child needs physically to support a healthy digestive and immune system

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Name of Dietary Supplement

Woman's Raspberry Leaf

Name of Dietary Ingredients

Organic Raspberry Leaf

Statements of Nutritional
Support for the Dietary Ingredient

1. *Woman's Raspberry Leaf* is a gentle and organic way to support the special need of a woman's reproductive system.
2. Raspberry Leaf has been a favorite of midwives for easing common female complaints, and Western herbalists have long used this herb to reduce the pain of menstruation and to strengthen the tone of the uterus.
3. The polyphenols (tannins and flavonoids) in Raspberry Leaf are astringent, tightening and toning to the tissues, especially the walls of the uterus, which also help ease menstrual difficulties.
4. British Herbal Pharmacopoeia and Bartram's Encyclopedia of Herbal Medicine have called Raspberry Leaf an aid for maintaining gastrointestinal,

respiratory tract and cardiovascular health, and a useful anti spasmodic (relieving cramps).